

Soccer Skills Test

Name:

Per:

Date:

Please place a check on the line if the student performs the specific skill.

Shooting: Each student will shoot three balls from twelve yards away.

- _____ Non-kicking foot is planted beside the ball with toes pointing toward the target.
- _____ Approach is made with eyes focused on the ball and arms free at the sides for balance.
- _____ Contact is made with toes pointing down and ankle is locked (using laces of the shoes)
- _____ Shoulders lean over the ball at contact.
- _____ Foot and leg follow through towards target after contact.

_____ out of _____ = _____ rubric score

Dribbling: Each student will dribble in and out of cones for a distance of twenty yards down, then turn, and dribble back to where he or she started.

- _____ Uses inside or outside of feet to kick the ball while maneuvering in and out of the cones.
- _____ Keeps control of the ball and moves at a steady pace.
- _____ Keeps ball within a stride length from their body.
- _____ Student looks up to where they are going.
- _____ Controls the ball through turn at the last cone and finishes under control.

_____ out of _____ = _____ rubric score

Total rubric points score for both tests: _____ out of _____